

	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)
<b>Breakfast</b>																		
3 Blueberry Pancakes	1	12.3	oz	450	116	13	3	0	0	1167	77	4	18	8	2	18	3	22
3 Blueberry Pancakes with Bacon	1	12.8	oz	530	187	21	6	0	11	1464	77	4	18	12	2	18	3	22
3 Blueberry Pancakes with Homefries	1	18.3	oz	470	144	16	4	0	0	1179	77	4	18	8	2	18	3	22
3 Blueberry Pancakes with Sausage	1	14.3	oz	680	317	35	11	0	46	1541	78	4	18	15	2	18	3	24
3 Egg Omelet Garden with Homefries and Toast	1	19.7	oz	550	260	29	7	0	633	654	44	5	8	28	29	83	14	28
3 Egg Omelet Ham and Cheese with Homefries and Toast	1	16.3	oz	630	350	39	12	0	672	1372	36	3	4	38	24	10	24	24
3 Egg Omelet Western with Homefries and Toast	1	17.8	oz	580	276	31	8	0	654	1087	41	4	6	34	23	65	13	25
3 Pancakes	1	9.3	oz	400	113	13	3	0	0	1162	65	2	9	7	0	0	2	21
3 Pancakes with Bacon	1	9.8	oz	480	184	20	6	0	11	1459	65	2	9	12	0	0	2	21
3 Pancakes with Homefries	1	15.3	oz	420	142	16	4	0	0	1174	65	2	9	7	0	0	2	21
3 Pancakes with Sausage	1	11.3	oz	630	314	35	11	0	46	1536	66	2	9	14	0	0	2	23
Big Breakfast with Bacon	1	14.6	oz	600	326	36	10	0	644	943	35	3	4	30	19	10	12	22
Big Breakfast with Sausage, Homefries and Toast	1	16.1	oz	740	456	51	15	0	678	1020	36	3	4	33	19	10	12	24
Breakfast Biscuit (Bacon)	1	5.5	oz	470	263	29	13	0	227	1210	38	1	4	17	9	0	10	14
Breakfast Biscuit (Ham)	1	6.0	oz	440	222	25	11	0	232	1241	39	1	5	19	9	0	10	15
Breakfast Biscuit (Sausage)	1	7.2	oz	650	416	46	19	0	265	1387	39	1	4	22	9	0	10	16
Breakfast Burrito	1	12.5	oz	740	374	42	16	0	502	1700	53	2	4	40	22	104	37	30
Breakfast Burrito Bacon J&S	1	14.4	oz	750	394	44	16	0	467	1561	61	4	8	35	67	193	36	30
Breakfast Burrito Ham on J&S	1	14.7	oz	660	307	34	13	0	465	1394	62	4	9	33	67	193	36	31

<b>Breakfast</b>	<b>Servings Per</b>	<b>Serving Size</b>	<b>Serving Unit</b>	<b>Calories</b>	<b>Calories From Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium(%DV)</b>	<b>Iron (%DV)</b>
Breakfast Burrito RLV	1	10.9	oz	720	387	43	16	0	475	1356	53	2	4	30	26	60	36	26
Breakfast Burrito Sausage J&S	1	15.9	oz	860	501	56	20	0	498	1539	62	4	8	36	67	193	36	32
Breakfast Burrito Veggie J&S	1	13.9	oz	630	300	33	12	0	452	1165	61	4	8	29	67	193	36	30
Breakfast Pizza, Cheese - 14 inch	8	3.8	oz	280	99	11	6	0	116	556	31	1	1	13	4	4	21	12
Breakfast Pizza, Cheese - 16 inch	8	6.2	oz	430	167	19	9	0	274	819	43	2	1	21	9	6	31	18
Breakfast Pizza, Cheese - 9 inch	2	8.2	oz	570	239	27	13	0	372	1086	52	2	2	29	11	7	45	22
Breakfast Pizza, Ham and Bacon - 14 inch	8	4.6	oz	310	116	13	6	0	185	616	31	1	1	16	5	4	16	13
Breakfast Pizza, Ham and Bacon - 16 inch	8	6.5	oz	430	159	18	8	0	274	869	42	2	2	22	8	6	21	19
Breakfast Pizza, Ham and Bacon - 9 inch	2	8.8	oz	590	244	27	12	0	377	1265	52	2	2	33	11	7	35	23
Breakfast Pizza, Veggie - 14 inch	8	5.9	oz	290	98	11	5	0	177	538	33	2	2	14	18	16	17	16
Breakfast Pizza, Veggie - 16 inch	8	8.4	oz	400	134	15	6	0	261	739	45	3	3	19	26	23	23	23
Breakfast Pizza, Veggie - 9 inch	2	11.2	oz	540	201	22	10	0	357	1006	56	3	4	27	36	30	37	28
Breakfast Sandwich (Bacon) on Bagel	1	7.1	oz	540	181	20	6	0	227	1142	69	4	8	22	9	0	10	24
Breakfast Sandwich (Bacon) on English Muffin	1	4.6	oz	330	181	20	6	0	228	622	25	1	1	15	9	0	16	12
Breakfast Sandwich (Bacon) on White Bread	1	5.2	oz	390	180	20	6	0	227	832	34	3	3	19	9	10	14	14

Breakfast	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)
Breakfast Sandwich (Ham) on English Muffin	1	5.2	oz	300	141	16	5	0	232	652	26	1	2	17	9	0	16	13
Breakfast Sandwich (Ham) on White Bread	1	5.7	oz	360	140	16	5	0	232	862	35	3	3	20	9	10	14	15
Breakfast Sandwich (Sausage) on English Muffin	1	6.3	oz	500	334	37	13	0	265	798	26	1	1	20	9	0	16	14
Breakfast Sandwich (Sausage) on White Bread	1	6.9	oz	560	333	37	13	0	265	1008	35	3	3	23	9	10	14	16
Breakfast Sandwich (Steak) on English Muffin	1	5.8	oz	370	201	22	7	0	245	550	26	1	1	19	9	0	17	17
Breakfast Sandwich, The Really Big Steak	1	9.1	oz	570	268	30	10	0	465	936	41	3	4	33	15	12	18	27
Breakfast Sandwich, The Really Big Vermont	1	9.8	oz	740	405	45	16	0	492	1134	48	3	10	33	17	12	27	23
Breakfast Wrap (Bacon)	1	8.1	oz	630	349	39	14	0	451	1187	47	1	2	29	17	0	27	23
Breakfast Wrap (Ham)	1	9.3	oz	590	293	33	11	0	464	1347	49	1	3	33	17	0	27	25
Breakfast Wrap (Sausage)	1	9.6	oz	770	480	53	19	0	485	1264	48	1	2	32	17	0	27	25
Breakfast Wrap (Steak)	1	9.6	oz	670	368	41	14	0	474	1059	48	1	2	34	17	0	28	30
Breakfast Wrap (Veggie)	1	10.0	oz	560	281	31	11	0	439	916	50	2	3	26	62	26	30	28
French Toast	1	6.9	oz	440	151	17	4	0	215	728	52	4	6	19	7	16	14	21
French Toast with Bacon	1	7.4	oz	530	221	25	7	0	226	1025	52	4	6	23	7	16	14	21
French Toast with Homefries	1	12.9	oz	470	179	20	4	0	215	740	52	4	6	19	7	16	14	21
French Toast with Sausage	1	8.9	oz	680	351	39	12	0	260	1102	53	4	6	26	7	16	14	23
Side 2 Eggs	1	3.7	oz	190	132	15	4	0	422	143	1	0	1	12	13	0	5	8
Side Bacon	1	0.4	oz	90	70	8	3	0	11	297	0	0	0	4	0	0	0	0
Side Biscuit	1	3.0	oz	300	133	15	7	0	0	806	37	1	4	6	0	0	2	10
Side English Muffin	1	2.2	oz	160	51	6	1	0	0	217	25	1	1	4	0	0	8	8
Side Homefries	1	6.2	oz	40	43	5	1	0	0	18	0	0	0	0	0	0	0	0
Side Sausage	1	2.0	oz	230	200	22	8	0	46	375	1	0	0	7	0	0	0	2

<b>Breakfast</b>	<b>Servings Per</b>	<b>Serving Size</b>	<b>Serving Unit</b>	<b>Calories</b>	<b>Calories From Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium(%DV)</b>	<b>Iron (%DV)</b>
Side Toast	1	2.7	oz	220	51	6	1	0	0	428	33	3	3	8	0	10	5	10
Single Pancake	1	3.1	oz	120	23	3	1	0	0	381	22	1	3	2	0	0	1	7
Steak and Egg Sandwich	1	9.8	oz	600	290	32	14	0	328	1049	48	1	3	31	12	15	26	19
Traditional Breakfast with Bacon	1	6.8	oz	500	253	28	8	0	433	868	34	3	3	24	13	10	10	18
Traditional Breakfast with Sausage	1	8.4	oz	640	383	43	13	0	467	946	36	3	3	27	13	10	10	20
Western Omelet Sandwich	1	10.8	oz	550	243	27	11	0	305	1389	54	2	6	27	17	78	26	13
Wicked Big Breakfast with Bacon	1	18.8	oz	730	300	33	9	0	433	1631	78	4	10	29	13	10	12	32
Wicked Big Breakfast with Sausage	1	20.4	oz	880	430	48	14	0	467	1708	79	4	10	32	13	10	12	34
Granola	1	3.0	oz	390	125	14	2	0	0	294	59	5	23	6	0	0	0	9
Muffin, Apple Streusel	1	6.0	oz	420	90	10	2	0	120	480	75	1	40	8	2	0	2	4
Muffin, Banana Nut	1	6.0	oz	440	117	13	3	0	125	420	76	1	43	9	2	2	2	4
Muffin, Chocolate Chip	1	6.0	oz	470	126	14	5	0	120	420	88	2	48	8	2	0	2	6
Muffin, Cranberry Orange	1	6.0	oz	410	81	9	2	0	120	410	75	3	43	8	2	8	2	4
Muffin, Blueberry	1	6.0	oz	420	90	10	2	0	120	460	75	1	41	8	2	0	2	4
Yogurt Cup, Blueberry	1	8.9	oz	320	54	6	1	0	8	180	59	3	38	8	17	9	16	3
Yogurt Cup, Mixed Berry	1	9.4	oz	340	54	6	1	0	8	180	65	3	44	8	17	22	16	4
Yogurt Cup, Strawberry	1	9.4	oz	360	53	6	1	0	8	178	69	2	48	8	16	32	16	4

Pre-made Sandwiches	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)
American Cold Cut Combo	1	14.5	oz	650	292	32	11	0	85	2109	55	3	7	36	34	57	22	14
Chicken and Provolone Well Sandwich	1	17.4	oz	1010	452	50	13	0	114	2201	81	5	7	53	38	63	34	20
Chicken Salad Well Sandwich	1	7.7	oz	510	222	25	3	0	51	1155	40	4	4	26	10	22	7	17
Chicken Salad Well Sandwich on Rye	1	7.3	oz	480	224	25	3	0	51	1065	35	3	3	22	10	15	7	15
Chicken Salad Well Sandwich on Wheat	1	7.2	oz	480	224	25	3	0	51	918	37	3	6	24	10	20	7	20
Chicken Salad Well Sandwich on White	1	7.2	oz	480	221	25	3	0	51	1085	35	3	3	24	10	20	7	15
Chicken Salad with Cranberry and Walnuts Well Sandwich	1	7.7	oz	590	281	31	4	0	65	813	51	3	13	24	10	20	8	19
Club Sandwich on Rye	1	12.3	oz	630	253	28	8	0	75	2297	57	5	8	34	31	39	21	23
Club Sandwich on Wheat	1	12.2	oz	620	252	28	8	0	75	2072	60	5	11	38	31	47	21	31
Club Sandwich on White	1	12.3	oz	620	248	28	8	0	75	2327	56	5	8	38	31	47	21	23
Egg Salad Well Sandwich	1	7.7	oz	580	299	33	6	0	361	1023	41	3	4	20	20	20	11	20
Egg Salad Well Sandwich on Rye	1	7.3	oz	550	302	34	6	0	361	933	36	3	3	16	20	13	10	18
Egg Salad Well Sandwich on Wheat	1	7.2	oz	550	302	34	6	0	361	787	38	3	6	18	20	18	10	23
Egg Salad Well Sandwich on White	1	7.2	oz	550	298	33	6	0	361	953	35	3	3	18	20	18	10	18
Eggplant and Provolone Well Sandwich	1	15.1	oz	850	410	46	12	0	25	1616	86	6	8	21	36	53	30	15
Genoa and Provolone Well Sandwich	1	9.2	oz	580	280	31	10	0	59	1605	44	4	5	25	25	44	27	18
Grilled Chicken Sandwich on Bulkie	1	11.8	oz	610	215	24	7	0	106	1409	44	4	5	47	27	44	29	21
Ham and Swiss Well Sandwich	1	13.6	oz	650	291	32	13	0	93	1723	56	2	7	37	32	55	47	12

Pre-made Sandwiches	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)
Ham and Swiss Well Sandwich on Rye	1	10.0	oz	490	205	23	7	0	68	1391	42	4	6	26	26	37	32	17
Ham and Swiss Well Sandwich on Wheat	1	9.9	oz	480	205	23	7	0	68	1244	44	4	9	29	26	42	32	21
Ham and Swiss Well Sandwich on White	1	9.9	oz	480	201	22	7	0	68	1411	41	4	6	29	26	42	32	16
Ham and Swiss Wrap	1	12.3	oz	560	212	24	11	0	88	1477	57	2	6	37	32	40	49	23
Ham Salad Well Sandwich	1	7.7	oz	520	232	26	4	0	49	1480	43	4	5	22	11	27	7	17
Ham Salad Well Sandwich on Rye	1	7.3	oz	490	234	26	4	0	49	1390	38	3	5	18	11	20	6	15
Ham Salad Well Sandwich on Wheat	1	7.2	oz	490	234	26	4	0	49	1243	40	3	8	21	11	26	6	20
Ham Salad Well Sandwich on White	1	7.2	oz	490	230	26	4	0	49	1409	38	3	5	21	11	26	6	15
Italian Cold Cut Combo	1	13.5	oz	640	281	31	12	0	76	1960	55	3	7	32	35	57	31	13
Moon Well Sandwich	1	9.8	oz	460	198	22	6	0	48	1841	45	4	7	22	14	37	18	16
Moon Well Sandwich Wheat	1	9.8	oz	450	201	22	7	0	48	1884	46	4	7	21	14	35	17	18
Roast Beef and Cheddar with Horseradish	1	10.2	oz	670	273	30	14	0	134	914	51	1	5	49	8	17	38	21
Roast Beef and Swiss Well Sandwich	1	10.8	oz	580	217	24	8	0	91	848	47	4	7	41	26	44	32	27
Roast Beef and Swiss Well Sandwich on Rye	1	10.4	oz	550	218	24	8	0	91	755	42	4	6	37	25	37	31	26
Roast Beef and Swiss Well Sandwich on Wheat	1	10.4	oz	540	219	24	8	0	91	611	44	4	9	40	26	42	32	31
Roast Beef and Swiss Well Sandwich on White	1	10.4	oz	540	215	24	8	0	91	778	41	4	6	40	26	42	32	26

Pre-made Sandwiches	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)
Roast Beef Ciabatta	1	15.2	oz	710	316	35	14	0	116	1044	54	3	6	42	26	52	40	21
Sesame Chicken Ciabatta	1	13.2	oz	660	247	27	6	0	107	1323	52	3	5	46	64	36	14	19
Tuna Salad Well Sandwich	1	7.7	oz	480	208	23	3	0	52	837	39	2	3	23	10	17	7	18
Tuna Salad Well Sandwich on Rye	1	7.3	oz	470	211	23	3	0	52	768	35	3	3	21	10	15	8	15
Tuna Salad Well Sandwich on Wheat	1	7.2	oz	470	210	23	3	0	52	621	37	3	6	23	10	20	8	20
Tuna Salad Well Sandwich on White	1	7.2	oz	470	207	23	3	0	52	788	35	3	3	23	10	20	8	14
Turkey and Swiss Well Sandwich	1	10.8	oz	510	183	20	7	0	60	1559	46	4	7	33	26	44	32	18
Turkey and Swiss Well Sandwich on Rye	1	10.4	oz	490	185	21	7	0	60	1469	40	4	6	29	26	37	32	17
Turkey and Swiss Well Sandwich on Wheat	1	10.4	oz	480	185	21	7	0	60	1323	42	4	9	32	26	42	32	22
Turkey and Swiss Well Sandwich on White	1	10.4	oz	480	181	20	7	0	60	1490	40	4	6	32	26	42	32	16
Turkey Bacon Swiss Well Sandwich	1	13.5	oz	690	311	35	14	0	81	1771	53	2	6	39	32	55	47	11

Luncheon Portions	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Luncheon Alfredo with Pasta	1	9.0 oz		400	116	13	6	0	20	537	58	3	4	12	0	0	12	8
Luncheon All Meat Calzone	1	14.0 oz		830	418	46	19	0	122	2598	63	6	6	39	10	17	44	35
Luncheon Angus Steak and Cheese Calzone	1	13.8 oz		730	344	38	15	0	81	1441	63	6	6	32	12	49	42	36
Luncheon Baked Macaroni and Cheese	1	11.5 oz		680	303	34	20	0	87	1228	59	3	4	30	7	0	70	8
Luncheon Baked Ziti	1	14.6 oz		590	209	23	12	0	43	1433	70	8	8	25	8	0	57	22
Luncheon Baked Ziti with Chicken	1	16.6 oz		730	272	30	13	0	69	1787	78	9	9	36	8	0	58	25
Luncheon Baked Ziti with Eggplant	1	18.6 oz		820	331	37	14	0	43	1872	95	11	11	28	9	2	57	27
Luncheon Baked Ziti with Meat Sauce	1	16.6 oz		730	285	32	16	1	118	1798	73	9	9	35	10	0	61	31
Luncheon Baked Ziti with Meatball	1	16.6 oz		730	285	32	16	1	118	1798	73	9	9	35	10	0	61	31
Luncheon Baked Ziti with Sausage	1	17.3 oz		830	396	44	19	0	97	2227	71	9	9	37	8	0	61	25
Luncheon Cheese Pizza Slices	1	6.3 oz		420	123	14	9	0	33	889	54	3	2	19	7	7	38	20
Luncheon Chicken Alfredo	1	11.5 oz		530	173	19	7	0	70	836	58	3	4	30	0	0	13	14
Luncheon Eggplant Parmigiana Calzone	1	14.4 oz		720	297	33	12	0	34	1845	83	9	8	22	14	63	43	31
Luncheon Grilled Chicken Spinach Calzone	1	12.3 oz		670	280	31	11	0	72	1581	61	6	5	34	29	24	41	31
Luncheon Grilled Chicken with Garlic Sauce	1	12.6 oz		870	531	59	10	1	54	986	57	3	4	29	28	78	8	18



<b>Luncheon Portions</b>	<b>Servings Per</b>	<b>Serving Size</b>	<b>Serving Unit</b>	<b>Calories</b>	<b>Calories From Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium(% DV)</b>	<b>Iron (%DV)</b>
Luncheon Italian Cold Cut Calzone	1	12.0 oz		620	242	27	12	0	71	2216	62	6	6	30	9	17	40	28
Luncheon Lasagna with Meatballs	1	13.5 oz		640	275	31	15	1	143	1751	57	8	11	31	10	1	54	31
Luncheon Meat Lasagna with Meatballs	1	13.6 oz		700	325	36	16	1	161	1999	57	8	10	34	8	1	47	34
Luncheon Pepperoni Pizza Slices	1	7.2 oz		540	219	24	13	0	58	1308	54	3	2	24	7	7	38	23
Luncheon Pepperoni, Sausage and Mushroom Calzone	1	13.5 oz		760	378	42	17	0	86	2198	64	6	7	31	10	19	43	33
Luncheon Sausage, Onion and Green Pepper Calzone	1	13.0 oz		660	293	33	13	0	62	1819	66	7	7	26	13	63	43	29
Luncheon Spaghetti and Meat Sauce Calzone	1	14.1 oz		710	250	28	13	0	88	1715	82	7	7	29	11	17	45	36
Luncheon Veggie Calzone	1	13.4 oz		560	213	24	10	0	32	1581	68	8	7	20	15	65	43	33

<b>Fresco Salads</b>	<b>Servings Per</b>	<b>Serving Size</b>	<b>Serving Unit</b>	<b>Calories</b>	<b>Calories From Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium(% DV)</b>	<b>Iron (%DV)</b>
Avocado BLT Salad	1	12.6	oz	510	379	42	8	0	16	900	31	8	8	10	64	64	9	16
Barbeque Chicken Salad	1	17.3	oz	570	294	33	7	0	97	2085	33	8	10	41	140	38	11	19
Berry Caprese Salad	1	11.9	oz	400	187	21	6	0	30	308	44	7	32	15	188	80	33	17
Harvest Chicken Salad	1	16.0	oz	600	276	31	4	0	81	834	48	7	32	36	134	27	9	16
Tex Mex Salad	1	24.5	oz	870	475	53	12	0	119	2534	57	14	11	46	36	50	33	23
Zesty Salmon Salad	1	17.6	oz	560	344	38	7	0	67	446	30	9	19	27	71	128	8	13

Salads	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Aloha Chicken Salad	1	13.3 oz		370	96	11	1	0	65	987	37	5	10	32	24	22	22	24
Antipasto Salad	1	16.1 oz		370	231	26	10	0	62	2108	14	6	2	19	30	435	27	22
Caesar Salad	1	8.9 oz		240	201	22	9	0	45	877	16	4	3	20	100	71	52	18
Caesar Salad with Grilled Chicken	1	12.9 oz		400	233	26	10	0	126	1455	18	4	3	50	103	71	54	25
Chef Salad	1	16.3 oz		300	144	16	6	0	262	865	13	5	3	26	35	68	29	18
Chicken Salad Plate	1	17.1 oz		500	315	35	10	0	79	1079	13	5	2	30	30	70	35	14
Cole Slaw	1	6.0 oz		240	157	17	2	0	8	262	16	3	10	2	0	0	7	3
Dinner Salad	1	6.5 oz		35	7	1	0	0	0	70	6	3	1	2	14	53	3	6
Edamame Well Salad	1	6.0 oz		200	92	10	1	0	0	731	15	7	3	10	153	136	7	10
Fruit Salad	1	9.3 oz		120	1	0	0	0	0	29	33	3	30	0	19	102	1	1
Garden Salad	1	11.9 oz		60	14	2	0	0	0	139	11	5	2	3	24	69	7	11
Greek Pasta Well Salad	1	5.8 oz		520	257	29	7	0	21	738	56	3	7	10	8	22	17	14
Greek Salad	1	15.7 oz		220	121	13	9	0	50	1721	16	6	4	11	29	436	34	18
Grilled Chicken Salad	1	18.8 oz		460	200	22	9	0	324	1141	12	5	2	50	41	68	42	21
Italian Chop Salad	1	16.6 oz		440	228	25	10	0	300	1039	10	4	2	39	72	52	40	21
Italian Pasta Well Salad	1	7.2 oz		460	220	24	4	0	5	527	55	3	6	8	18	14	8	12
Macaroni Salad	1	9.1 oz		600	367	41	6	0	35	1346	51	2	14	7	0	0	0	11
Mediterranean Salad	1	15.6 oz		260	160	18	2	0	0	730	19	7	5	8	76	87	8	15
Oriental Noodle Well Salad	1	6.0 oz		290	66	7	0	0	0	1045	47	4	10	9	18	10	18	12

Salads	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Potato Salad	1	9.1 oz		490	305	34	5	0	11	466	40	2	8	4	0	0	4	8
Tortellini Pesto Salad	1	6.9 oz		460	272	30	6	0	40	991	37	3	3	10	11	22	16	7
Tuna Salad Plate	1	17.1 oz		490	301	33	10	0	81	782	13	5	2	28	30	70	37	13
Tuscan White Bean Salad	1	16.1 oz		410	272	30	5	0	0	898	31	11	9	9	23	32	11	24
White Bean Well Salad	1	6.0 oz		280	154	17	3	0	0	656	25	9	8	7	0	2	5	12

Sides and Extras	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Chicken Tenders	1	6.0	oz	430	191	21	4	0	76	1063	26	2	2	32	0	0	3	9
French Fries LG 10 oz	1	10.0	oz	570	213	24	0	0	0	675	88	7	2	7	0	13	0	7
French Fries SM 6 oz	1	6.0	oz	340	128	14	0	0	0	405	53	4	1	4	0	8	0	4
French Fries XLG 16 oz	1	16.0	oz	920	340	38	0	0	0	1080	140	11	3	11	0	22	0	11
Garlic Bread Loaf	12	1.8	oz	170	73	8	2	0	1	319	21	1	9	4	0	4	3	7
Garlic Bread Stick	1	4.9	oz	430	140	16	3	0	5	907	56	4	4	14	0	17	12	17
Hot Wings (per piece)	12	1.9	oz	130	84	9	2	0	30	484	2	0	0	10	0	0	0	3
Mozzarella Sticks 1/2 Dozen	1	9.4	oz	610	306	34	13	0	61	1631	50	3	9	25	0	0	55	7
Scoop Pasta Sauce	1	2.2	oz	40	24	3	1	0	1	327	5	2	2	1	0	0	5	5
Scoop Tomato Basil Sauce	1	2.2	oz	40	26	3	1	0	0	185	4	2	1	1	0	0	12	1
Single Meatball	1	2.0	oz	140	77	9	4	0	75	366	3	0	1	10	2	0	5	8
Single Sausage	1	2.7	oz	250	187	21	7	0	54	794	2	0	1	12	0	0	5	3

<b>Pazzo and Stuffers</b>	<b>Servings Per</b>	<b>Serving Size</b>	<b>Serving Unit</b>	<b>Calories</b>	<b>Calories From Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium(% DV)</b>	<b>Iron (%DV)</b>
Cheese Pazzo Bread (with Sauce)	2	7.2	oz	540	242	27	10	0	30	1098	55	3	3	18	6	7	34	20
Little Stuffers Four Cheese (per Stuffer, with Sauce)	1 ea	2.9	oz	210	87	10	4	0	15	436	22	1	1	7	1	3	14	8
Little Stuffers Meat (per Stuffer, with Sauce)	1 ea	2.9	oz	190	71	8	3	0	15	518	22	1	1	7	1	3	10	9
Little Stuffers Veggie (per Stuffer, with Sauce)	1 ea	2.9	oz	170	51	6	2	0	8	397	22	2	1	6	10	15	10	9
Cinnamon Pazzo Dolce	2	5.5	oz	510	141	16	3	0	0	581	85	3	27	8	4	7	3	20

Pasta Buckets	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Fettucini with Alfredo Sauce and Grilled Chicken Pasta Bucket	4	14.4	oz	670	217	24	9	0	88	1053	73	4	5	38	0	0	17	17
Fettucini with Alfredo Sauce Pasta Bucket	4	11.3	oz	500	146	16	8	0	26	679	72	4	5	15	0	0	16	10
Pasta Combo with 4 Meaballs and 4 Sausages Meat Sauce Pasta Bucket	4	19.5	oz	920	396	44	16	1	180	2374	87	9	10	41	3	0	30	40
Pasta Combo with 4 Meatballs and 4 Sausages Pasta Sauce Pasta Bucket	4	17.7	oz	820	343	38	13	1	133	2064	83	9	9	35	2	0	26	33
Pasta with 4 Meatballs Meat Sauce Pasta Bucket	4	16.8	oz	670	209	23	9	1	126	1580	85	9	9	29	3	0	25	37
Pasta with 4 Meatballs Pasta Sauce Pasta Bucket	4	15.0	oz	580	155	17	6	1	79	1269	82	8	9	23	2	0	21	30

Pasta Buckets	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Pasta with 4 Sausages Meat Sauce Pasta Bucket	4	17.0	oz	770	314	35	11	0	105	1927	82	9	9	31	1	0	24	30
Pasta with 4 Sausages Pasta Sauce Pasta Bucket	4	15.2	oz	670	260	29	9	0	58	1616	79	8	8	25	0	0	20	24
Pasta with Meat Sauce Pasta Bucket	4	14.2	oz	520	127	14	5	0	51	1132	80	8	8	19	1	0	19	27
Pasta with Pasta Sauce Pasta Bucket	4	12.5	oz	430	73	8	2	0	4	822	77	8	7	13	0	0	15	21
Ravioli Combo with 4 Meatballs and 4 Sausages Meat Sauce Pasta Bucket	4	18.9	oz	1020	458	51	20	1	257	2725	79	11	11	44	9	0	39	35
Combo with 4 Meatballs and 4 Sausages Pasta Sauce Pasta Bucket	4	17.1	oz	920	404	45	17	1	210	2414	75	10	10	38	8	0	34	29
Ravioli with 4 Meatballs Meat Sauce Pasta Bucket	4	16.2	oz	770	271	30	13	1	203	1931	77	10	11	33	9	0	34	32



Pasta Buckets	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Ravioli with 4 Meatballs Pasta Sauce Pasta Bucket	4	14.4	oz	680	217	24	10	1	156	1620	74	9	10	26	8	0	30	26
Ravioli with 4 Sausages Meat Sauce Pasta Bucket	4	16.4	oz	870	376	42	16	0	182	2276	74	10	10	34	7	0	33	26
Ravioli with 4 Sausages Pasta Sauce Pasta Bucket	4	14.6	oz	770	322	36	13	0	135	1966	71	9	9	28	6	0	28	19
Ravioli with Meat Sauce Pasta Bucket	4	13.6	oz	620	188	21	9	0	128	1482	72	9	9	23	7	0	28	23
Ravioli with Pasta Sauce Pasta Bucket	4	11.9	oz	530	134	15	6	0	81	1172	69	9	9	17	6	0	24	16

Pasta Dinners	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Alfredo with Pasta	2	9.0 oz		400	116	13	6	0	20	537	58	3	4	12	0	0	12	8
Chicken Alfredo	2	11.5 oz		530	173	19	7	0	70	836	58	3	4	30	0	0	13	14
Grilled Chicken Marinara Dinner	2	15.9 oz		530	141	16	3	0	51	845	68	8	7	30	24	95	28	21
Grilled Chicken with Garlic Sauce Dinner	2	12.6 oz		870	531	59	10	1	54	986	57	3	4	29	29	78	8	18
Grilled Eggplant Marinara Dinner	2	13.9 oz		450	109	12	2	0	3	939	75	8	9	12	19	35	13	23
Grilled Veggie Marinara Dinner	2	14.9 oz		400	86	10	2	0	1	557	69	9	8	13	37	161	29	17
Lasagna with Meat Sauce	2	12.3 oz		540	243	27	13	1	126	1672	46	7	10	26	8	0	45	29
Lasagna with Meatballs	2	11.4 oz		530	236	26	13	1	127	1535	45	7	9	26	8	0	44	27
Lasagna with Sausages	2	12.2 oz		640	346	38	16	0	106	1963	43	7	9	28	6	0	44	22
Lasagna with Pasta Sauce	2	9.4 oz		390	159	18	9	0	52	1169	42	6	9	17	6	0	39	19
Meat Stuffed Lasagna with Meat Sauce	2	12.6 oz		600	285	32	14	1	141	1884	48	8	10	29	7	0	41	32
Meat Stuffed Lasagna with Meatballs	2	11.5 oz		580	273	30	13	1	140	1721	45	7	9	29	7	0	38	30

Pasta Dinners	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Meat Stuffed Lasagna with Sausages	2	12.2 oz		690	384	43	16	0	119	2149	44	7	9	31	5	0	38	25
Meat Stuffed Lasagna with Pasta Sauce	2	9.3 oz		430	191	21	9	0	63	1302	40	4	11	18	16	0	26	12
Pasta with Meat Sauce	2	12.4 oz		490	139	15	6	0	78	1083	66	7	7	20	2	0	18	26
Pasta with Meatballs	2	11.6 oz		470	130	14	5	0	78	960	64	6	6	20	2	0	16	24
Pasta with Pasta Sauce	2	9.3 oz		330	50	6	1	0	3	553	60	5	5	10	0	0	11	15
Pasta with Sausages	2	12.0 oz		570	238	26	8	0	57	1348	62	6	6	22	0	0	15	18
Pasta with Tomato Basil Sauce	2	9.3 oz		330	54	6	1	0	1	340	59	6	4	11	0	0	21	9
Ravioli with Meat Sauce	2	9.7 oz		430	164	18	8	0	115	1238	41	6	7	18	5	0	21	21
Ravioli with Meatballs	2	8.9 oz		420	155	17	7	0	115	1115	39	6	6	18	5	0	19	19
Ravioli with Pasta Sauce	2	6.6 oz		270	76	8	3	0	40	708	35	5	5	8	3	0	14	10
Ravioli with Sausages	2	9.3 oz		520	263	29	10	0	94	1503	37	5	6	20	3	0	18	13

<b>Baked Pasta Dinners</b>	<b>Servings Per</b>	<b>Serving Size</b>	<b>Serving Unit</b>	<b>Calories</b>	<b>Calories From Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium(% DV)</b>	<b>Iron (%DV)</b>
Chicken Parmigiana Dinner	2	14.6	oz	710	249	28	11	0	72	1480	77	7	7	38	6	0	42	21
Eggplant Parmigiana Dinner	2	14.8	oz	680	252	28	10	0	31	1289	84	8	8	23	7	1	40	20
Baked Macaroni and Cheese	2	11.5	oz	680	303	34	20	0	87	1228	59	3	4	30	7	0	70	8
Baked Pasta with Meat Sauce	2	13.9	oz	630	228	25	13	0	106	1352	67	7	7	30	8	0	46	26
Baked Pasta with Meatballs	2	13.1	oz	610	219	24	12	0	106	1229	66	6	6	30	8	0	44	24
Baked Pasta with Pasta Sauce	2	10.8	oz	470	140	16	8	0	31	823	61	5	5	20	6	0	39	15
Baked Pasta with Sausages	2	13.5	oz	720	327	36	15	0	85	1617	63	6	6	32	6	0	43	18

Calzones	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
All Meat Calzone	2	11.3 oz		800	401	45	19	0	121	2353	59	4	5	38	10	17	40	32
Angus Steak and Cheese Calzone	2	12.4 oz		700	326	36	15	0	80	1196	59	4	5	32	12	49	38	33
Eggplant Parmigiana Calzone	2	13.0 oz		690	280	31	11	0	34	1600	79	7	7	22	14	63	39	28
Grilled Chicken Spinach Calzone	2	11.2 oz		630	262	29	11	0	71	1335	57	4	4	33	29	24	37	28
Italian Cold Cut Calzone	2	10.4 oz		590	225	25	12	0	71	1971	58	4	4	29	10	17	37	24
Pepperoni, Sausage and Mushroom Calzone	2	11.5 oz		730	361	40	17	0	86	1953	60	5	5	30	10	19	40	30
Sausage, Onion and Green Pepper Calzone	2	11.2 oz		630	275	31	13	0	61	1574	62	5	6	25	13	63	40	25
Spaghetti and Meat Sauce Calzone	2	12.6 oz		670	232	26	12	0	88	1498	79	6	6	28	11	17	42	30
Veggie Calzone	2	12.1 oz		530	195	22	9	0	31	1335	64	6	6	20	15	65	39	30

Pizza	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
All Meat Pizza - 14 inch	8	5.0 oz		350	137	15	7	0	50	932	33	2	2	18	4	4	20	15
All Meat Pizza - 16 inch	8	6.9 oz		470	183	20	10	0	67	1258	44	2	2	24	5	6	28	21
All Meat Pizza - 9 inch	2	9.9 oz		670	285	32	15	0	114	1925	55	3	3	37	7	7	40	29
Barbecue Chicken Pizza - 14 inch	8	5.2 oz		330	82	9	5	0	38	846	42	1	10	18	5	7	18	12
Barbecue Chicken Pizza - 16 inch	8	7.0 oz		450	115	13	7	0	51	1153	56	2	14	24	7	9	25	16
Barbecue Chicken Pizza - 9 inch	2	9.6 oz		610	160	18	10	0	77	1600	73	2	20	35	10	12	35	21
Buffalo Chicken Pizza - 14 inch	8	4.8 oz		320	118	13	5	0	45	1036	33	1	1	17	6	4	19	12
Buffalo Chicken Pizza - 16 inch	8	6.7 oz		470	188	21	8	0	63	1563	45	2	2	23	9	6	27	16
Buffalo Chicken Pizza - 9 inch	2	8.8 oz		590	229	25	11	0	89	1979	55	2	2	33	12	7	37	20
Cheese Pizza - 14 inch	8	3.5 oz		240	63	7	4	0	17	490	32	2	1	10	3	4	19	12
Cheese Pizza - 16 inch	8	4.9 oz		330	90	10	6	0	24	686	44	2	2	14	5	6	27	16
Cheese Pizza - 9 inch	2	6.1 oz		400	108	12	7	0	28	844	53	3	2	17	6	7	33	20
Cheese Pizza - Extra Cheese - 9 inch	2	7.1 oz		490	168	19	12	0	47	1023	54	3	2	24	9	7	52	20
Cheese Pizza - Extra Cheese - 14 inch	8	4.0 oz		290	93	10	7	0	26	580	33	2	1	13	5	4	28	12
Cheese Pizza - Extra Cheese - 16 inch	8	5.7 oz		400	134	15	10	0	38	821	44	2	2	19	8	6	41	16

Pizza	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Cheese Pizza gluten free - 10 inch	8	5.1 oz		350	136	15	7	0	28	778	38	1	5	14	6	0	36	3
Chicken Alfredo Pizza - 14 inch	8	5.6 oz		320	105	12	6	0	41	693	34	2	2	19	19	54	21	14
Chicken Alfredo Pizza - 16 inch	8	7.6 oz		440	146	16	9	0	55	949	46	2	3	25	27	72	30	19
Chicken Alfredo Pizza - 9 inch	2	10.5 oz		600	207	23	12	0	81	1295	57	3	3	36	38	107	42	25
Greek Pizza - 14 inch	8	4.5 oz		250	76	8	5	0	23	671	34	2	2	10	16	15	20	15
Greek Pizza - 16 inch	8	6.2 oz		340	105	12	7	0	32	937	46	3	3	13	21	19	27	21
Greek Pizza - 9 inch	2	8.5 oz		480	168	19	11	0	52	1397	58	5	5	19	34	29	43	29
Grilled Chicken and Spinach Pizza - 14 inch	8	5.2 oz		340	131	15	6	0	37	592	32	2	1	18	14	14	18	14
Grilled Chicken and Spinach Pizza - 16 inch	8	6.9 oz		460	185	21	8	0	49	808	44	2	2	23	18	18	26	18
Grilled Chicken and Spinach Pizza - 9 inch	2	9.5 oz		620	258	29	11	0	73	1096	54	3	2	34	32	29	37	25
House Special (Giovanni's Original) - 14 inch	8	5.0 oz		300	105	12	6	0	28	791	35	2	2	13	6	28	20	15
House Special (Giovanni's Original) - 16 inch	8	7.1 oz		410	146	16	8	0	38	1094	47	3	3	19	9	41	29	20
House Special (Giovanni's Original) - 9 inch	2	9.2 oz		560	214	24	12	0	56	1557	59	5	4	26	13	54	40	27

Pizza	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Pepperoni Pizza - 14 inch	8	4.0 oz		290	109	12	6	0	28	689	32	2	1	12	4	4	19	13
Pepperoni Pizza - 16 inch	8	5.5 oz		400	150	17	9	0	39	948	44	2	2	17	5	6	27	18
Pepperoni Pizza - 9 inch	2	7.0 oz		510	204	23	12	0	53	1263	53	3	2	22	6	7	33	23
Veggie Pizza - 14 inch	8	4.3 oz		250	73	8	4	0	17	530	33	2	2	10	6	19	19	13
Veggie Pizza - 16 inch	8	6.3 oz		350	105	12	6	0	24	765	46	3	3	15	8	28	28	19
Veggie Pizza - 9 inch	2	8.8 oz		470	154	17	9	0	33	1047	59	4	4	20	14	51	39	25
White Pizza - 14 inch	8	4.8 oz		290	110	12	4	0	12	531	35	2	2	9	11	33	14	13
White Pizza - 16 inch	8	7.3 oz		400	160	18	6	0	17	750	48	3	3	13	17	51	20	19
White Pizza - 9 inch	2	10.7 oz		580	248	28	10	0	28	1129	63	5	4	19	31	92	34	27
Rustic Bruschetta Pizza	2	10.2 oz		540	134	15	2	0	0	1609	84	4	5	16	30	29	5	12
Rustic Cheese Pizza	2	9.6 oz		570	122	14	9	0	38	1815	78	4	1	29	8	0	45	10
Rustic Margherita Pizza	2	11.1 oz		620	177	20	9	0	38	1806	79	4	2	27	18	25	37	9
Rustic Pepperoni Pizza	2	10.5 oz		680	218	24	14	0	63	2235	78	4	1	33	8	0	45	13
Rustic Spinach and Artichoke Pizza	2	12.6 oz		720	247	27	14	0	51	2270	81	4	2	31	15	16	50	11
Rustic Sriracha Chicken Pizza	2	12.6 oz		670	166	18	11	0	89	2888	79	3	2	41	25	32	37	11



Panini	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Barbeque Chicken Panini	1	10.539	oz	630	185.06	20.562	9.3025	0	90.39	1746.6	70.675	1.2572	23.402	37.526	4	20	25	10
Chicken Pesto Panini	1	12.478	oz	700	291.85	32.427	12.881	0	104.67	1438.7	50.814	2.2259	4.1811	46.261	25	39	56	13
Cold Cut Panini	1	11.8	oz	950	440.23	48.915	17.155	0	125.08	2907	67.789	3.0352	4.0885	48.385	19	14	45	29
Cuban Panini	1	10.723	oz	570	220.11	24.457	13.874	0	87.923	1873.8	51.064	45.319	5.2817	36.277	12	16	59	7
Roast Beef Panini	1	11.04	oz	700	304.17	33.796	14.184	0.11005	94.664	1491	50.103	1.6211	5.5515	46.211	11	18	49	21
Tukey, Ham and Swiss Panini	1	11.213	oz	700	222.33	24.704	12.122	0	105.86	1562.8	70.025	47.099	5.0071	48.293	12	0	55	31
Veggie Panini	1	13.19	oz	750	304.02	33.78	15.736	0	70.013	1071.9	73.567	5.0082	6.1291	38.204	47	32	77	33

Focaccia	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Eggplant Focaccia Sandwich	1	18.9 oz		1040	509	57	13	0	35	1676	99	8	10	28	85	108	37	40
Grilled Chicken Focaccia Sandwich	1	18.5 oz		980	420	47	12	0	130	1769	74	5	7	63	58	59	41	44
Italian Cold Cut Focaccia Sandwich	1	18.2 oz		930	418	46	15	0	109	2921	76	5	8	47	83	107	37	38
Steak Focaccia Sandwich	1	18.5 oz		1040	530	59	19	0	116	1593	73	5	7	49	58	59	42	50
Turkey Focaccia Sandwich	1	18.4 oz		820	307	34	9	0	91	1777	76	5	10	47	83	107	37	43
Veggie Focaccia Sandwich	1	17.7 oz		810	403	45	16	0	57	1611	76	6	9	33	111	118	57	38

Hot Sandwiches	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Angus Steak and Cheese no Vegetables (Large)	1	14.8 oz		1070	506	56	27	0	176	1891	66	5	5	66	11	19	69	44
Angus Steak and Cheese no Vegetables (Small)	1	10.0 oz		730	351	39	18	0	123	1262	42	3	3	45	8	12	46	30
Angus Steak and Cheese with Mushrooms, Onions and Green Peppers (Large)	1	18.8 oz		1000	436	48	21	0	140	1741	78	8	10	57	18	149	52	48
Angus Steak and Cheese with Mushrooms, Onions and Green Peppers (Small)	1	11.5 oz		660	294	33	14	0	97	1145	48	5	6	38	11	77	37	30
BLT Sandwich (Large)	1	13.0 oz		700	327	36	11	0	39	1835	63	7	8	27	21	65	10	22
BLT Sandwich (Small)	1	8.4 oz		510	251	28	8	0	28	1330	43	4	5	18	12	39	7	15
Chicken Parmigiana Sandwich (Large)	1	16.7 oz		1040	375	42	15	0	118	2822	99	10	10	62	8	19	61	37
Chicken Parmigiana Sandwich (Small)	1	11.2 oz		700	262	29	11	0	83	1904	64	6	6	42	6	12	44	24
Chicken Tender Sandwich (Large)	1	18.4 oz		900	309	34	5	0	81	2087	95	9	10	48	21	67	14	33
Chicken Tender Sandwich (Small)	1	11.3 oz		620	238	26	4	0	56	1444	60	5	6	31	12	38	9	21
Chicken Tender Sandwich, Buffalo (Large)	1	19.4 oz		910	309	34	5	0	81	2988	97	9	10	48	29	67	14	33

Hot Sandwiches	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Chicken Tender Sandwich, Buffalo (Small)	1	12.3	oz	630	238	26	4	0	56	2344	62	5	6	31	20	38	9	21
Eggplant Parmigiana Sandwich (Large)	1	16.4	oz	950	363	40	14	0	42	2369	109	12	11	34	10	21	57	34
Eggplant Parmigiana Sandwich (Small)	1	11.0	oz	640	255	28	10	0	32	1611	71	8	8	24	7	14	42	22
Grilled Pepper Chicken Sandwich (Large)	1	15.8	oz	690	163	18	3	0	100	1474	76	8	10	54	10	149	13	38
Grilled Pepper Chicken Sandwich (Small)	1	9.0	oz	420	95	11	2	0	60	897	46	5	6	32	5	77	8	23
Meatball Parmigiana Sandwich (Large)	1	17.2	oz	1030	419	47	23	1	267	2932	84	10	11	59	14	20	74	53
Meatball Parmigiana Sandwich (Small)	1	11.3	oz	690	289	32	16	1	182	1950	54	6	7	40	10	12	52	35
Meatball Sandwich (Large)	1	15.2	oz	840	300	33	14	1	229	2572	82	10	11	45	6	20	36	53
Meatball Sandwich (Small)	1	9.8	oz	550	196	22	9	1	152	1651	52	6	7	30	4	12	23	35
Pastrami Sandwich	1	12.2	oz	810	467	52	21	0	149	3097	38	3	5	49	6	5	30	32
Poorboy Sandwich (Large)	1	15.7	oz	830	349	39	17	0	106	4288	69	6	10	50	27	57	66	25
Reuben Sandwich	1	16.8	oz	960	397	44	18	0	174	3772	70	6	11	63	11	29	49	31
Sausage Parmigiana Sandwich (Large)	1	18.3	oz	1340	739	82	32	0	204	4052	76	9	10	64	8	19	71	35
Sausage Parmigiana Sandwich (Small)	1	12.2	oz	900	505	56	22	0	140	2725	49	6	6	44	6	12	51	23

Hot Sandwiches	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Sausage Sandwich with Peppers and Onions (Large)	1	16.9	oz	1150	609	68	21	0	162	3255	77	8	11	50	10	146	25	31
Sausage Sandwich with Peppers and Onions (Small)	1	10.4	oz	740	400	44	14	0	108	2125	47	5	7	33	5	75	16	20
Sausage Sandwich with Sauce no Vegetables (Large)	1	16.3	oz	1150	620	69	22	0	166	3693	74	9	10	51	0	19	33	35
Sausage Sandwich with Sauce no Vegetables (Small)	1	10.7	oz	760	415	46	15	0	112	2456	47	6	6	34	0	12	22	23
Sausage Sandwich with Sauce Peppers and Onions (Large)	1	20.3	oz	1220	652	72	23	0	166	3806	84	11	14	52	10	146	35	38
Sausage Sandwich with Sauce Peppers and Onions (Small)	1	12.7	oz	800	432	48	15	0	112	2512	52	7	9	34	5	75	23	24

Wraps	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(% DV)	Iron (%DV)
Angus Steak and Cheese	1	15.9	oz	830	503	56	20	0	109	1462	54	3	4	37	29	41	38	34
Buffalo Chicken Bacon Ranch	1	17.4	oz	1000	562	62	14	0	76	3049	76	4	9	37	27	41	18	26
Buffalo Chicken Ranch	1	17.2	oz	880	468	52	10	0	60	2952	77	4	9	31	30	41	18	26
Chicken Bacon Ranch	1	16.0	oz	980	561	62	14	0	76	2148	73	4	9	36	18	37	18	26
Chicken Salad	1	13.8	oz	610	289	32	6	0	51	1151	54	4	4	26	20	43	13	24
Eggplant	1	15.3	oz	710	327	36	7	0	5	1100	84	6	7	14	21	43	12	26
Grilled Chicken Caesar	1	13.2	oz	960	535	59	15	0	128	2197	51	2	4	53	34	23	40	30
Grilled Chicken Club	1	15.9	oz	810	382	42	10	0	120	1547	55	3	4	52	19	41	14	32
Grilled Chicken	1	14.8	oz	590	190	21	5	0	100	1076	54	3	4	46	19	41	14	32
Tuna Salad	1	13.8	oz	600	275	31	6	0	52	854	54	4	4	25	20	43	14	23
Turkey	1	15.1	oz	650	305	34	10	0	93	1765	54	3	6	39	25	37	30	28
Turkey Bacon	1	15.7	oz	760	399	44	14	0	108	1983	54	3	6	45	25	37	30	28
Veggie	1	16.4	oz	580	326	36	12	0	41	1851	57	4	7	20	31	49	37	21

Cold Sandwiches	Servings Per	Serving Size	Serving Unit	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)
Capicola Italian (Large)	1	17.8	oz	660	190	21	9	0	73	2621	74	8	13	38	30	120	42	27
Capicola Italian (Small)	1	11.0	oz	410	126	14	6	0	49	1638	45	3	7	24	18	72	26	19
Chicken Salad Italian (Large)	1	19.1	oz	800	351	39	9	0	77	2570	74	8	13	40	30	122	30	29
Chicken Salad Italian (Small)	1	11.2	oz	450	198	22	6	0	43	1492	45	3	7	22	18	73	18	20
Cold Cut Italian (Large)	1	19.9	oz	840	298	33	14	0	125	3871	75	8	13	52	30	120	42	29
Cold Cut Italian (Small)	1	12.4	oz	530	204	23	10	0	83	2417	46	3	7	33	18	72	26	21
Double Ham Italian (Large)	1	19.6	oz	700	279	31	14	0	103	3242	77	8	14	46	37	120	47	29
Double Ham Italian (Small)	1	12.5	oz	440	187	21	10	0	73	2128	47	3	8	30	23	72	29	21
Egg Salad Italian (Large)	1	18.2	oz	850	428	48	12	0	388	2438	72	7	12	33	40	118	33	31
Egg Salad Italian (Small)	1	10.6	oz	470	236	26	8	0	199	1425	44	3	6	19	23	70	19	21
Eggplant Italian (Large)	1	20.1	oz	790	292	32	9	0	27	2446	104	11	15	27	32	122	30	31
Eggplant Italian (Small)	1	12.2	oz	470	183	20	6	0	18	1484	63	5	8	16	19	73	18	21
Genoa and Provolone Italian (Large)	1	17.4	oz	750	281	31	12	0	81	2763	75	8	12	38	30	120	42	29
Genoa and Provolone Italian (Small)	1	10.7	oz	470	187	21	9	0	54	1732	46	3	7	24	18	72	26	20

Cold Sandwiches	Servings Per	Serving Size	Serving Unit	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)
Ham and Cheese Only (Large)	1	10.5	oz	650	267	30	14	0	103	2535	66	5	7	44	14	19	45	23
Ham and Cheese Only (Small)	1	7.1	oz	410	180	20	9	0	73	1719	40	1	4	29	10	7	28	17
Ham Salad Italian (Large)	1	18.2	oz	790	360	40	10	0	76	2894	75	7	13	36	30	125	29	28
Ham Salad Italian (Small)	1	10.6	oz	440	202	22	7	0	43	1653	45	3	7	20	18	74	17	19
Ham with Swiss Italian (Large)	1	18.7	oz	640	162	18	9	0	88	2474	79	8	14	44	31	120	50	29
Ham with Swiss Italian (Small)	1	11.1	oz	380	103	11	6	0	50	1387	47	3	8	25	19	72	31	20
Lobster Roll	1	8.0	oz	470	232	26	3	0	103	759	26	3	2	25	5	12	10	11
Pepperoni Italian (Large)	1	17.5	oz	820	408	45	18	0	96	3071	73	8	13	37	32	121	31	34
Pepperoni Italian (Small)	1	10.9	oz	530	284	32	13	0	67	1993	44	3	7	24	19	72	19	24
Regular Italian (with Ham Large)	1	16.7	oz	550	152	17	7	0	52	2355	75	8	13	31	30	120	30	27
Regular Italian (with Ham Small)	1	10.4	oz	330	102	11	5	0	37	1498	46	3	7	20	18	72	18	19
Roast Beef Italian (Large)	1	20.1	oz	670	196	22	9	0	90	2403	76	8	15	54	30	120	30	45
Roast Beef Italian (Small)	1	12.2	oz	400	126	14	6	0	56	1459	46	3	8	32	18	72	18	30



Cold Sandwiches	Servings Per	Serving Size Serving Unit	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)
Tuna Salad Italian (Large)	1	19.1 oz	790	338	38	9	0	79	2273	74	8	13	39	30	122	31	28
Tuna Salad Italian (Small)	1	11.2 oz	440	191	21	6	0	44	1343	45	3	7	21	18	73	19	19
Turkey Italian (Large)	1	20.1 oz	650	162	18	6	0	103	2656	76	8	15	51	30	120	30	35
Turkey Italian (Small)	1	12.2 oz	390	105	12	5	0	63	1610	46	3	8	30	18	72	18	24
Veggie Italian (Large)	1	16.3 oz	600	252	28	13	0	54	2326	73	8	12	30	37	120	47	25
Veggie Italian (Small)	1	10.0 oz	370	167	19	9	0	36	1441	44	3	7	18	23	72	29	18